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Bangalore Mirror

TEMP Max 28 | Min 20 | Humidity 70% Scattered Thunderstorms Sensex 66,009 | Nifty 19,674 | Gold 58,942 | Silver 73,350 | Dollar 83.10 | Euro 88.69 | GBP 101.71

Authorities fail to use funds allocated for maintenance of beggars' rehab centres, but seems they have spent nearly Rs 4,000 just to buy clothes for each male inmate a year

ALL FUND & FROLIC

Provision for 1 male inmate a year: 3 shirts, shorts, towels each, 1 mat, blanket, and bed sheet each

| Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

Beggars Relief and Rehabilitation Centres across the state have occasionally hogged the limelight for wrong reasons. The centre at Sumanahalli on Magadi Road hit headlines in August 2010 when more than 20 inmates died under mysterious circumstances.

SInce then, the state government undertook many developmental works to improve the living standards of the inmates at the Centre.

When BM did a spot check, it was clear that the living standards of the inmates have been improved. However, authorities concerned have failed to utilise the funds allocated for the maintenance of the 14 Beggars Relief and Rehabilitation Centres across the state. The annual report of Beggars Relief and Rehabilitation Centres for the year 2022-23 claimed that Rs 268.41 lakh had been spent to buy sarees, blouses, petticoats, blankets and bedsheets, and mats for women inmates and shirts, shorts, towels, blankets and bedsheets, and mats for men inmates.

The report states that there were 6,797 inmates from April 1, 2021, to January 31, 2023.

CONTINUED ON PAGE 8 »

KAUSHIK JN

"I came to this centre one month ago. They gave me a saree, a blouse and a petticoat. I am from Tamil Nadu. They caught me when I was at a bus stop near Sunkadakatte. Now, I am learning stitching

– Lakshmi, an inmate at the centre

Your auto has arrived

Prepaid auto kiosks turning to be a hit; civic activists bat for more such facilities

| Melvin Mathew
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TWEETS @BangaloreMIRROR

Bengaluru is taking to prepaid auto kiosks like a fish to water. Since January, 1,32,421 commuters have used prepaid autos across the city. The Cubbon Park Traffic police under whose jurisdiction the MG Road kiosk falls under has witnessed the maximum increase.

The prepaid auto kiosks were set up at four metro stations in a bid to make last-mile connectivity smoother and affordable for commuters. Since January, across all the kiosks located under the 11 traffic police stations, a good number of commuters have used prepaid autos.

PAGE 4: FARE & UNFAIR

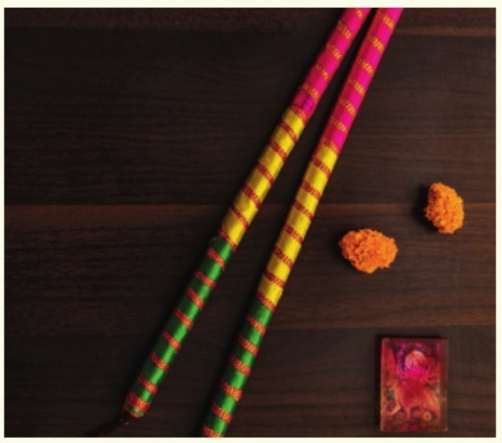
Across all the station limits, of the 1,32,421 people who used the pre-paid auto services, 29,790 used the kiosk services under the Cubbon Park Traffic Police Station followed by 18,422 people under the Mahadevapura Traffic Police Station. In January, 13,612 commuters availed of the pre-paid auto kiosks services. Until August, maximum ridership was seen in July with 24,648 commuters using them. The lowest number of people availing of the facility was at Rajajinagar Traffic Police Station with only 4,750 people using them over eight

CONTINUED ON PAGE 8 »

3 THINGS TO DO

01 Creative clay

Explore the art of pottery and unleash your inner artist at the upcoming Pottery Workshop. The workshop offers a hands-on experience that promises to be engaging and educational.
Where: Smallworld, Koramangala
When: September 30 – October 7



02 Let's Garba

Get ready to swirl, groove, and celebrate the joy of dance at the upcoming 'Let's Garba', a weekend workshop. Don't miss this workshop tailored for beginners who wish to immerse themselves in the beauty and exuberance of Garba dancing.
Where: Dialogues Cafe
When: September 30 – October 8

03 Kathak tales

Experience the elegance of Kathak dance at 'Nritya Naad'. Join the enchanting experience as talented Kathak performers take centre stage, transporting the audience into rhythm, storytelling, and cultural richness.
Where: Prestige Ferns Residency Clubhouse
When: October 1, 12 pm – 3 pm

Ganesha glory

A grand procession featuring over 200 Ganesha idols, accompanied by a massive crowd, took part in the Ganesha processions passing through Kamaraj Road on their way to Ulsoor Lake for immersion, organised by Sarvajanika Ganeshotsava Samiti in Bengaluru on Sunday.

Tackling trash troubles

Community-led cleanup transforms Koramangala's neglected spots into walkable pathways, clean environments

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Residents and volunteers repaired footpaths, fixed fences and planted decorative plants at previous garbage spots

Amidst the well-maintained ambience of Koramangala's third block, the presence of persistent black spots is jarring. One such concern is the presence of 3-4 unsightly garbage spots along the roads encompassing the public playground at the heart of the 3rd block. These spots had remained a mess for years as they were under litigation, and nobody seemed willing to take the bull by the horns and fix them. Several people walk and run in the lovely environs of 3rd block, and they can do nothing about these eyesores.

Commencing in late August, the community took a determined stance, collaborating with local BBMP teams and receiving support from The Ugly Indians, an anonymous volunteer group committed to cultivating clean streets throughout Bengaluru.

The first spot was at a vacant Civic Amenities site that had been under litigation for years and accumulated a huge mountain of garbage. This corner had also become a urination spot, rendering the entire footpath filthy and unwalkable. After a huge cleanup effort by residents and members of the Koramangala Walkers & Runners group, in coordination with BBMP Marshals and the SWM team, the area was given a finishing touch using the templates designed by The Ugly Indians – the area looked and felt clean, the footpath was walkable, and the transformation was dramatic. The footpath was repaired and painted, the fence was fixed and barricaded, decorative plants were planted on the footpath ridge, and the trees were cleaned and spruced up.

Ajay Reddy, RWA President, said, "There were a lot of places with black spots; the commercial establishments were dumping medical waste into the vacant plot. The area was covered with bushes and trees, and many illegal activities used to be carried out. But now we see a dramatic difference. Once the cleanup was done, the illegal activities stopped, and the medical waste was not being dumped anymore. We are now monitoring the space so that it does not turn into a black spot again."

However, some volunteers thought that the space cleaning was temporary and all the garbage would be back again. But, TUI and BBMP Marshals were sure that such spot-fixing was effective, having fixed hundreds of similar spots across the city, and, as expected, the spot stayed clean for a week. Garbage dumping stopped, and nobody damaged or vandalised the work done.

On the 3rd weekend, the team took up another huge garbage spot at a vacant plot on 12th Main, near the Mestripalya Lake and next to Hotel Grand Mercure. The team's challenge was to make the spot clean enough to sit on the ground and have an idli-coffee breakfast at the end of the spotfix. Not only did they have breakfast on the cleaned footpath, but the place has now remained clean for two weeks. All the five spots fixed have stayed clean for over a month now, and there is palpable satisfaction and happiness even among the most die-hard cynics.

The team is confident to take on any spot in Koramangala, and several more targets have been lined up. A TUI volunteer said, "The key learning from 'Spotfix September' has been that if sincere and well-planned efforts are made at transforming and protecting public spaces from garbage dumping and urination, real change is possible. Chronic problem spots that had persisted for years have been solved in a month. And all it took was a team effort and 'Kaam chalu mooh bandh' –only work, no talk. No pointing fingers, no blaming anyone – just silent, direct action."

A BBMP marshal said, "Through collective effort and unwavering dedication, we can turn into waves of progress. Real change is possible when we work together."

All you wanted to know about opening a savings account

In this modern hustling world, every earning individual wants a safe place to store the earned money, and that's where Saving Account comes into play.

What is a savings account?

It is a deposit account held with a bank to manage your savings, expenses, and investments. A standard transaction in a bank looks as follows- A deposits money in the bank as extra cash/loan/salary, then the bank gives the same amount to B on interest as a loan. Bank earns its money from the interest on the loan to B. It pays A the interest for the money that has been given to B.

Interest rates

Almost all banks nowadays provide very modest interest rates on savings accounts ranging from 3-4%, but some private banks offer interest rates up to 6-7% vide condition that the account holder keeps a minimum balance of say 75k-1Lac.

Interest rate is variable, one day, it can be 6%, and the next, it can be 4%. It is calculated every month and paid quarterly.

Minimum balance requirements

Almost all accounts require you to maintain an average balance monthly/quarterly. There is no standard amount for every bank. It can vary from bank to bank and change over time.

The savings account holder will have to pay charges/fines if the minimum balance is not maintained.

Zero balance account

Many salary accounts, student accounts, and approved societies/apartments accounts are opened as zero balance accounts. The advantage of a zero balance account is that the minimum balance requirement is removed, and the savings account holder won't have to pay any charges.

Facilities

There are many benefits of opening a savings account. Almost 90% of accounts in India are savings accounts. The account holder gets a checkbook, and they can pay by cheque. Cash can also be withdrawn using an ATM Card. Payment can be made using a Debit card at shopping centers/eateries.

Online banking can also be done, which is very efficient nowadays. Bank transfers using NEFT/RTGS/IMPS. Account balance and statements can be checked online. Online transactions are suggested for the safety and fast process, and one does not have to go somewhere physically.

FEATURES

Cash withdrawal & deposit

Cash can be withdrawn using "Self" cheques or filling out the cash withdrawal form. Money can be withdrawn or deposited till a daily maximum limit. The limit can be crossed, but the account holder must quote the reason for the same.

Who can open a savings account?

- Resident and Non-Resident Indian
- Associations, Societies, Education institutions, Trusts, etc.
- A minor under a guardian

Who cannot open a savings account?

- A company, partnership firm, or any business concern.
- Government Departments.

Charges

There are no charges as such for a savings account, but whenever there is

- A bounced cheque
- An amount below the minimum balance requirement
- Duplicate Statement
- DD/RTGS/NEFT/IMPS (in some banks)

Banks do charge some amount as a fine. The fine amount varies from bank to bank.

Pros And Cons

PROS ● Savings Account provides higher safety and security than cash.
● There is liquidity, and the amount can be deposited and withdrawn whenever in need. It's better to keep money in gold, property, or the stock market, which takes time, and cash cannot be taken out immediately.
● You get to earn interest on idle/spare money.
● It is straightforward to operate with the help of cash, cheque, ATM/Debit cards, and online banking.

CONS ● It has a negligible interest rate which is less than the inflation. A savings account should not be treated as an investment, and it's used to manage the expenses.
● Since there is more liquidity, there is a tendency for higher spending.
● It is not helpful for businesses since the transaction amount is limited per day/month.

-ETOnline

Earn more
while we grow together.
7.5%^
interest rate p.a.
on Savings Account.
Redefine your privileges with the new
MAXIMA
•SAVINGS ACCOUNT•
Charge Free Banking and Allied Services*
Lifetime Free RuPay Select Debit Card*
Complimentary Health Services for the First Year*~
Exclusive Lifestyle and Entertainment Benefits*
78+ Lakh Customers#
686 Branches#
25 States & Union Territories#
20,000+ Employees#
Give a missed call on 799 666 666 3
^On an incremental balance above ₹5 lakh.
*Data as on August 30, 2023.
*T&C apply. ~Issued and serviced by insurance partner.
ujjivan SMALL FINANCE BANK
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Broken path, fading light

Citizens advocate for urgent upgrades, maintenance of Lower Ambalipura Lake

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The Lower Ambalipura Lake, once a subject of both praise and concern, is now urgently seeking attention from authorities. Now, the lake is back in the news due to the deteriorating condition of its walking path, emphasising the need for immediate repair and restoration. Previously in the spotlight for its maintenance by residents and volunteers from nearby apartments like Mantri Flora, Trinity Access and Woods, and SJR Park Vista, the lake faced an unfortunate incident of fish kill in July.

According to the residents, the Bruhat Bengaluru Mahanagara Palik (BBMP) Lakes Department took up developmental works at the Lower Ambalipura Lake a few years ago. Allegedly, the department's actions were limited, involving the deployment of only two home guards to the lake. Notably, the lake has four entry points or gates intended to serve residents of four apartment complexes. Each complex has designated a security guard for gate operations. This redundancy prompts some residents to question the allocation of funds towards home guards, considering the existing private security personnel managing gate operations effectively.

The residents demand the BBMP Lakes Department to develop or upgrade the walking path in the interest of senior citizens who visit the lake for a walk in the morning and evening.

"The walking path is in bad shape. It is not safe for unwary senior citizens and children to use this walking path, which is uneven. The BBMP did nothing to improve or develop this walking path," said Dayananda Reddy, a resident.

Lack of lights is another problem for the people who visit the lake in the evening. Though the entry to the lake is closed by 7 pm, the residents want the BBMP Lakes Department to install lights and keep the lake bund free from weeds.

The walking path at Lower Ambalipura Lake is deteriorating, making it difficult for people who visit the lake for a walk regularly

"We have been using the lake for years after Mr Reddy got the walking path, and everything was done in 2006. It was beneficial for us. All these years, that quality of work lasted, but over the years, natural wear and tear, natural calamities and zero maintenance happened, which is why it reached the breaking point. Anybody who walks, whether elderly or anyone, always risks breaking a foot," said Shaubir Bose, secretary of Trinity Acres and Woods Residents' Association.

> **"The walking path is in bad shape. It is not safe for unwary senior citizens and children to use this path, which is uneven.**
> – Dayananda Reddy, a resident

Emphasising the need to prevent sewage flow into the lake, Bose has said fish kill happened in the lake recently. "A number of complaints were lodged with the BBMP authorities and Karnataka State Pollution Control Board. Sewage incursion is stopped due to Mr Reddy's efforts. I do not know how long it will stop," he said. Speaking with Bangalore Mirror, Trinity Acres and Woods Residents' Association president Surabhi Agarwal Pandey said the BBMP Lakes Department must remove plastic thrown into the lake. "I want the BBMP authorities to ensure removal of weeds along the walking path and install lights for the benefit of people who visit the lake in the evening," she said.

However, the BBMP Lakes Department executive engineer was not available for comment.

Fare game: Bengaluru demands fair auto pricing

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In just one week, the Traffic North division has taken action against auto rickshaws, booking 316 cases for refusing hire and 354 cases for charging excessive fares. This proactive effort by the traffic police has garnered appreciation from the public. However, citizens are urging sustained and widespread drives, particularly around metro stations, to foster a lasting transformation in the behaviour of auto drivers across the city.

Sohan Ganesh, an employee at an advertising agency, said that he has noticed auto drivers charging excess fares, especially around metro stations, as he needs to travel to BTM layout daily, requiring him to take an auto from the JP Nagar metro station.

"For the first few times, the auto drivers waiting near the metro station were persistent and had me pay a fare of Rs 100-150 while the meter price was Rs 75. This behaviour made me rely on online aggregator applications as the price is fixed and there is no need to hassle with auto drivers personally," he said, adding that auto drivers take leverage of metro commuters as they rely on autos for first and last mile connectivity. He urged the Bangalore Traffic Police (BTP) to carry out such drives around the premises of metro stations regularly.

A government employee, Sumangala (name changed), said, "I took the Cubbon Park metro for a portion of my journey and wanted to reach Vasanth Nagar. The auto drivers outside the station demanded Rs 100 for the ride when the government-fixed fare would not even come up to Rs 50. Another person who also wished to travel to Vasanth Nagar and was waiting in the vicinity reached out to me, and we hired an auto together to reduce our costs," she said. Sumangala added that while feeder buses are available from Cubbon Park metro station to Vasanth Nagar, those with time constraints naturally prefer autos available in the area.

"The Bangalore Metropolitan Transport Corporation (BMTC) should either increase the frequency of their feeder bus services or the BTP must designate a traffic police to ensure that the errant behaviour of auto drivers is under control," she suggested. She further said that the city must also consider introducing shared autos as it would reduce the cost for individual commuters while proving to benefit the auto drivers' community.

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9591233247
Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Driver distress

Bagalur

The road on Bagalur has deteriorated, causing difficulties for commuters.

Transit concern

Kurudusonnenahalli

The absence of BMTC bus services along KR Puram to Kurudusonnenahalli route raises concerns.

Road woes

KR Puram

Poor road conditions plague Devasandra in KR Puram, from Ayyapa Nagar junction to Kodigehalli road.

Fell for a sob story? You may have been scammed

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A techie in Domlur has just got out of his office and was standing, waiting for an auto. Suddenly, he was approached by a man along with his family. The man asked the techie, "Do you know Hindi or Marathi?". When the techie said yes, the person told him that they had come to Bengaluru as migrant labourers and now they are unable to go back home.

"They looked helpless and I believed the story. They had two small kids and they asked for money to go back home," said Mahesh, the victim of what was to be a fraud.

By then his auto had arrived, but Mahesh chose to listen to their story and gave them Rs 500. When he went to sit in his auto, the auto driver informed him that it's a scam.

A few days later, the techie again spotted the same family in Koramangala, using the same trick.

Victims of the scam claim that certain areas like Indiranagar 100 ft road are notorious for it.

"Immediately after I arrived in the city, the first scam that happened to me was this couple pretending to have no money to go back to Kolkata. I believe they identified that I was a Bengali and hence I would give them money. And I did give them Rs 1,000,

only to realise a few days later that it's a scam. Also, a few days ago an auto driver pulled up in front of me, crying and asking for donations to help his wife, but this time I was cautious," S Dutta told BM.

Many victims report having been fooled by and given money to people who tell tall tales about their pitiable condition of financial ruin

He adds that the frequent scams in the city have led to people not believing even in genuine cases. "There is a possibility that the auto driver was not lying but because I have been scammed before and I keep reading about other types of scams, I have automatically become more alert," he added.

Even social media is filled with these stories. On Reddit, several people who came to the city for the first time talk of how they fell victim to such scams. However, the major concern of the people is why are the police not taking action.

"Nowadays, HSR is also booming with these folks. I just make sure to ignore them. What I don't understand is what stops the police from moving in civil clothes and nabbing these folks and getting to the root of this problem. If the police could even move around playing messages on loudspeakers about thieves, it would make some difference," opined a Reddit user.

Crack down on crooked number plates begins

Officials announce targeted campaign to tackle increasing cases of faulty number plates

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Karnataka Police are gearing up to launch targeted enforcement drives to address the issue of defective number plates. Officials say that defective number plates can also hinder automated detection of violations.

Following numerous complaints from the public regarding defective number plates, police have slated a crackdown drive to commence post the festival season.

"We have been receiving many complaints from the public and on social media. We are planning to conduct drives after the festival season. The issue also creates an obstacle in booking violations for offences. , People are using defective number plates to avoid being caught for their violations. In cases of speeding or not wearing a helmet, it becomes tough to catch violators without a number plate. In minor accidents, it becomes difficult to identify the run-off vehicle," said Alok Kumar, Additional Director General of Police, Traffic & Road Safety.

According to Bangalore Traffic Police data, there are 43,289 cases of defective registered number plates from registered. In 2022, 3,88,488 cases were registered, and 4,56,521 cases were registered in 2021. He added that these also impact the police's ability to detect violations through AI cameras. "With defective or no number plates, finding the vehicle causing the violation would become difficult. If the number plate is defective or fake, even if the challan is generated, it won't read the right person," he added.

BTP has been monitoring traffic violations through AI cameras across the city. The system can identify seven types of violations: speed limit violation, red light violation, stop lane violation, no helmet, triple riding, driving using phones, and driving without seat belts. In 2023, BTP collected Rs 82,63,29,675 through a contactless method.

Motorists say that the availability of fake IND number plates at lower price points leads to the problem. "For the past two years, we have seen a lot of defective number plates. Police have been cracking down on defective number plates for the past three years. However, the awareness needs to be increased and should be eradicated. Fake IND number plates are also available in the market, and officials must crack down on them. Actual IND plates cost Rs 500-600 while the defective ones cost Rs 100-200," said Raghavendra Poojari of Karnataka State Motorists Association.

The state transport department recently issued a notification mandating the use of High-Security Registration Plates (HSRP). All vehicles registered before April 1, 2019, can get their number plates from transport.karnataka.gov.in or siam.in. HSRP is a mandate under the Morth to avoid the usage of fake registration numbers to track vehicles with violations attached.

Traffic police say broken or faulty number plates also hinder automated detection of violations

HSRP restrictions

- On August 18, the Karnataka Transport Department issued a circular restricting the supply of HSRPs for both old and new vehicles to only vehicle manufacturers (OEMs) and their dealers
- This exclusivity has resulted in a monopoly situation enjoyed by four influential HSRP manufacturers, which has in turn led to increased costs for consumers.
- Local manufacturers argue that this also violates the Central Motor Vehicle Act and Rules (CMVA and CMVR)

"We have been receiving many complaints from the public and on social media. We are planning to conduct drives after the festival season
–Alok Kumar, Additional DGP

BangaloreMirror
All eyes on your vehicle's number plate
Traffic police conduct special drive; register over 135 cases of aberrations in last 30 days

BM has reported earlier about such initiatives by the traffic police

BMTC App to be launched today

BMTC is set to officially unveil the Namma BMTC app on Monday, following five months of launching the app in the testing stage. This launch coincides with the Silver Jubilee celebration of BMTC and will introduce a multitude of passenger-centric features.

The app that now tracks 5032 buses will allow passengers to find nearby stops, plan journeys, live-track buses, and list facilities available at bus stations, and calculate fares. There is also an SOS feature that, once activated, identifies your location and allows you to SOS voice notes or video.

Currently, the app allows passengers to buy bus passes through the Tummoc app.

Previously, the transport Minister had said that passengers would also get an online ticket-booking feature along with the official launch. Noting the ease of booking airline tickets, he said that BMTC passengers can do the same.

The Namma BMTC is being launched after a delay of two years.

Sword fight in city restaurant

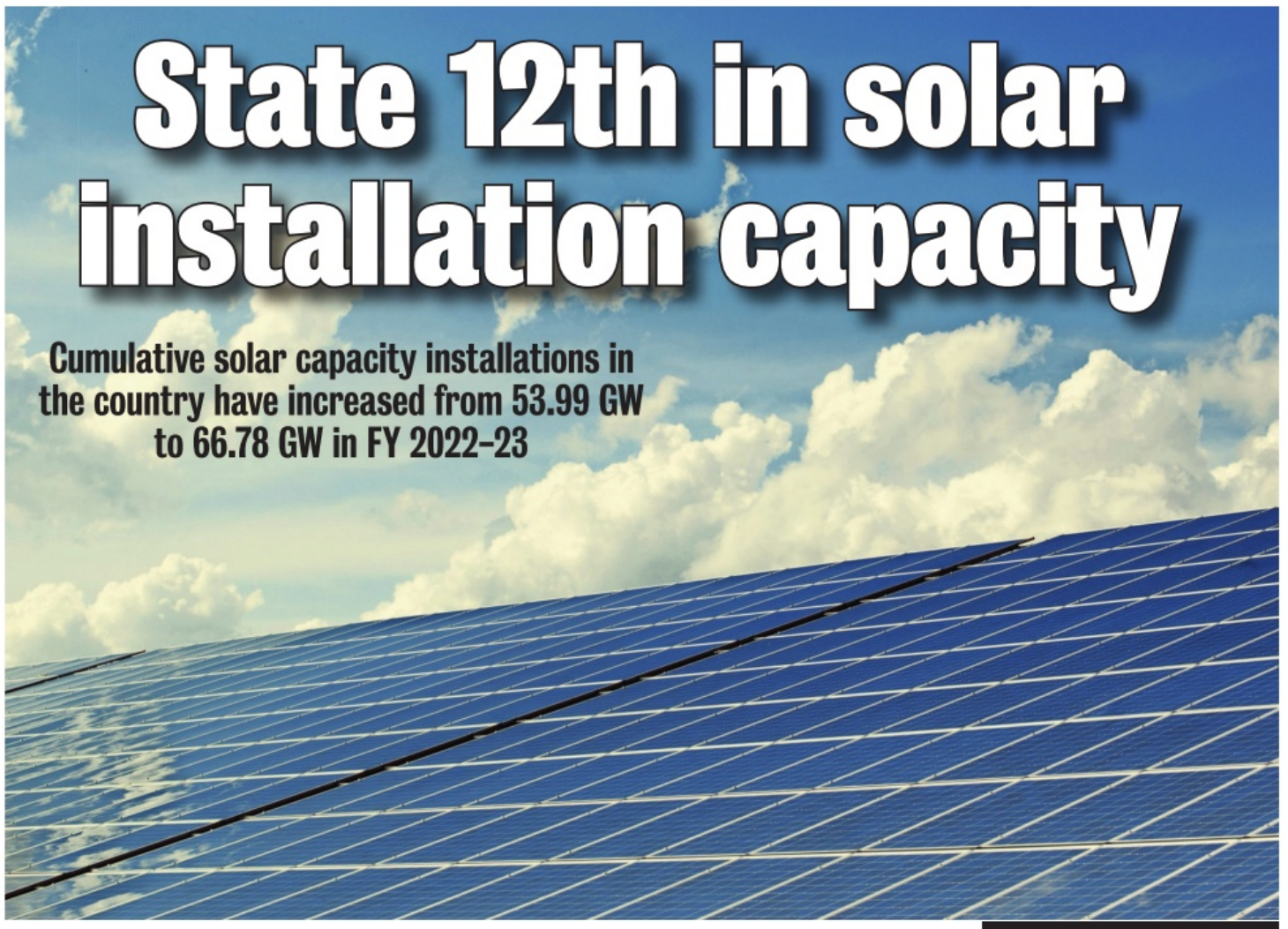
In a shocking incident at a Bengaluru restaurant, members of a rival gang brutally attacked VK Guruswamy, a rowdy sheeter and former DMK Madurai corporation mandal president. The assault involved use of a sword and other dangerous weapons, as captured in a widely circulated CCTV video on social media.

The DMK leader had more than 30 criminal cases, including eight murders and seven attempted murders.

He was taken right away to the local hospital. Bengaluru police dispatched a team to Madurai for further investigation. According to the police, the DMK leader was repeatedly slashed with a sword.

According to police reports, the assault on the DMK leader involved repeated slashing with a sword. In addition to apprehending the primary suspect, the police have detained additional suspects based in Madurai, shedding light on a gang conflict within the region as the root cause of the attempt on Guruswamy's life. – BMB

State 12th in solar installation capacity



Cumulative solar capacity installations in the country have increased from 53.99 GW to 66.78 GW in FY 2022-23

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Karnataka is yet to catch up to other states in terms of tapping solar energy. As per the latest data from the Centre, Karnataka stands 12th in the country in terms of solar installation capacity while the country is led by Rajasthan, situated in the western part of India, which generates 4490.83 megawatts (MW) from solar energy. When considering Karnataka's solar generation capacity in relation to the national output, it accounts for just 5.08 % of the total solar capacity for all states and union territories.

However, government officials say that there is a rise in renewable energy generation. The cumulative solar capacity installations in the country have increased from 53.99 gigawatts (GW) at the end of the financial Year 2021-22 to 66.78 GW at the end of the financial year (FY) 2022-23. During FY 2022-23, a solar capacity of 12.79 GW has been installed in the country, which includes 0.65 GW in the state of Karnataka. The cumulative wind capacity installations in Karnataka have increased from 5.13 GW at the end of FY 2021-22 to 5.29 GW at the end of FY 2022-23.

The Centre has identified Bidar and Hospet City to be developed as solar cities. The MNRE has requested each State /UN to select at least one city for development as a solar city

Meanwhile, the Centre has identified Bidar and Hospet City to be developed as solar cities. The Ministry of New and Renewable Energy (MNRE) has requested each State /Union Territory to select at least one city for development as a solar city. A concept note on developing solar cities was circulated to the States with a request to finalise an action plan for the development of the cities identified as solar cities and implement the plan in a time-bound manner. It is worth noting that there is no separate scheme being implemented solely for the development of solar cities. Instead, States/UTs have been advised to utilise existing government schemes such as the Rooftop Solar Programme Phase II for the development of solar cities. As of now, 27 States/UTs have identified solar cities within their respective regions.

States/UTs should utilise existing govt schemes such as the Rooftop Solar Programme Phase II for development of solar cities

Additionally, a solar park with a capacity of 500 MW was sanctioned on April 26, 2021, at Kalaburgi. The responsibility for developing the 500 MW Kalaburgi Solar Park lies with Karnataka Renewable Energy Development Limited, which serves as the Solar Power Park Developer. However, the Karnataka Government made a request on June 7, 2023, to relocate this Solar Park to Bidar, citing evacuation constraints as the reason for the proposed change in location.

High Court rejects MLA's plea

The High Court of Karnataka has dismissed a petition filed by Dharwad MLA Vinay Kulkarni seeking relaxation of bail conditions that restrict his entry into the district.

Vinay Kulkarni, a Congress MLA, is the primary accused in the murder case of BJP leader Yogesh Gowda, in 2016.

Despite contesting the assembly election in May of this year, Kulkarni was denied permission to enter his own constituency.

After being elected as MLA, he sought the relaxation of the condition and moved to the High Court. However, the court on Saturday dismissed his petition. The counsel for CBI, Prasanna Kumar, opposed the petition on grounds that Kulkarni was already facing serious charges of trying to influence the witnesses in the case. He contented that the main witnesses are yet to be examined by the trial court. While granting bail the Supreme Court had imposed the condition that he would not enter Dharwad without the permission of the jurisdictional court. **-PTI**

JD(S) leader seeks blessings

Nikhil Kumaraswamy, a Janata Dal (Secular) leader and the son of former Karnataka chief minister HD Kumaraswamy, on Sunday morning met with Bharatiya Janata Party (BJP) senior leader BS Yediyurappa at his residence in Bengaluru. BJP MLA Muniratna also accompanied Nikhil Kumaraswamy on the visit to the former Karnataka CM's residence.

"As we all know JDS and BJP are now a part of the NDA alliance. On that basis, Mr Yediyurappa is one of the tallest leaders in Karnataka. So I just came here to take his blessings personally. We all know that they share a good bond," Nikhil Kumaraswamy said after the meeting.

On being asked about the JD(S) leaders including Vice President Syed Shafiulla Saheb's resignation from the party, Nikhil Kumaraswamy said that the party would be taking up the matter for discussion. **-ANI**

NOTES FROM THE FIELD

'Cooker' controversy

In a recent twist of political drama, CM Siddaramaiah's son, and former MLA Yathindra, found himself caught in a bit of a pickle. During a public speech, he casually mentioned how his party had handed out cookers and iron boxes during an election campaign. However, this seemingly innocent act raised eyebrows, as it potentially violated EC rules against voter bribery. Later, realising the gravity of his words, Yathindra backtracked, claiming he was taken out of context.

Chair 'power'

Deputy CM DK Shivakumar, not to be outdone in the anecdotes department, shared a humorous story during a recent event. He playfully urged his supporters to take a seat and enjoy the comfort of chairs. But beneath the laughter, he subtly underlined the political truth: everyone craves to occupy a metaphorical "power seat."

Spilling beans

CM Siddaramaiah finally broke his silence about why he denied Raghu Achar an MLA ticket. Siddaramaiah revealed that Achar, who had previously been the MLC, had aspirations of becoming an MLA. However, Siddaramaiah had a different plan in mind – he suggested the Achar contest as an MLC from local bodies. Achar, however, decided to go against the advice, leading to his departure from the Congress party. He hitched his political wagon to the JDS, only to face a crushing defeat in the Assembly polls. Siddaramaiah now uses Achar's journey as a prime example of his sharp political instincts and decision-making prowess.

Name game

In another intriguing twist, Chaitra Kundapura has recently made headlines due to her arrest in a cheating case. Now, a peculiar case has surfaced in the High Court, urging the media to abandon the use of the second name, "Kundapura." The petitioner has fervently requested the court to issue a decree, compelling the media to refrain from any direct or indirect reference to "Kundapura" while addressing matters related to Chaitra. The contention is that such references tarnish the reputation of the place in the news associated with Chaitra's second name.

Unleashing fury

Amidst the brewing storm over the release of Cauvery water to Tamil Nadu, the State Government finds itself in hot water, with activists and critics voicing their discontent. In response to the mounting pressure, Water Resources Minister, DK Shivakumar, candidly remarked, "If you want to unleash your fury upon me, feel free to do so. I understand your anger. We, as the governing body, are prepared to bear the brunt of your criticism. However, I implore you, let your indignation be directed at us and not at public property."

-Sridhar Vivan

'BJP trying to distract focus from caste census'

Rahul Gandhi speaks of learnings from Karnataka on how to control narrative

Former Congress President Rahul Gandhi on Sunday accused the BJP of trying to distract people from the idea of caste census by triggering controversies through its MPs Ramesh Bidhuri and Nishikant Dubey.

While speaking at a conclave here, the Congress leader said that the BJP wins elections by "distracting" and not allowing us to construct our narrative.

He said that Congress is probably winning Telangana, certainly winning in Madhya Pradesh and Chhattisgarh and we are very close in Rajasthan which we think we'll be able to win.

"That is what BJP is also internally saying," he said. "We learned a very important lesson in Karnataka, and the lesson was that the BJP wins elections by distracting and not allowing us to construct our narrative," Rahul Gandhi said at 'The Conclave 2023' organised by Pratidin Media Network and shared by the grand old party on its official X handle.

"And so what we did in Karnataka, we fought the election in a way where the BJP could not define the narrative. What you're seeing today, Bidhuri, and then suddenly this Nishikant Dubey, this is all the BJP trying to distract from the idea of the caste census. They know the caste census is a fundamental thing people of India want and they don't want to have discussion. So every time they bring a point on the table to distract us, we have learned how to deal with it," he said.

"We have learned how to deal with it. In Karnataka, we gave a clear vision, and now we are in control of the narrative. No matter what they (BJP) try to do, we are now in control of the narrative," he said.

A controversy erupted earlier this week after BJP MP Ramesh Bidhuri used derogatory and abusive words at Bahujan Samaj Party MP Kunwar Danish Ali, on the floor of the House. Rahul Gandhi and party general secretary K.C. Venugopal visited the BSP leader and expressed solidarity with him. He also said the Congress is controlling the narrative in the states where the elections are due later this year and claimed that the BJP which has "put in thousands of crores of rupees" to control it during the Bharat Jodo Yatra but couldn't do it. "The opposition is 60 per cent of India's population and BJP is in for a surprise in 2024," he added.

> **"In Karnataka, we gave a clear vision, and now we are in control of the narrative. No matter what they (BJP) try to do, we are now in control** – Rahul Gandhi

Assembly elections in Rajasthan, Madhya Pradesh, Telangana, Chhattisgarh and Mizoram are scheduled later this year. **– IANS**

Congress leader Rahul Gandhi speaks during The Conclave 2023, hosted by Pratidin Media Networks

'They are now trying to lynch me outside'

After BJP MP Nishikant Dubey wrote to Lok Sabha Speaker Om Birla claiming that BSP MP Danish Ali was using derogatory remark for Prime Minister Narendra Modi that triggered the MP Ramesh Bidhuri to use unparliamentary words against Ali, the Bahujan Samaj Party MP has said that the letter by the BJP leader is an effort to create a narrative for his 'lynching'.

Danish Ali while speaking to the media here also asked Nishikant Dubey to produce the video proof for what he is alleging the BSP MP. "I request the (Lok Sabha) speaker that this should be inquired because this is one more matter of breach of privilege. I demand action be taken against Nishikant Dubey for what he has written... If what Nishikant Dubey is saying is true, there must be a video of the same...," Danish Ali said.

Danish further claimed that he was only raising his voice so the derogatory remarks against the PM by Bidhuri could be stopped. "He (Bidhuri) was saying the wrong words for the PM and for reference, was comparing the PM with an animal which I even cannot name in front of the media. I only objected to this. Is it true that all the BJP MPs were sitting and laughing there? They did my verbal lynching in the House... Now they are trying to lynch me outside..." he added.

However, facing a backlash over his tirade against BSP MP Danish Ali on the floor of the Lok Sabha during a discussion on the country's successful lunar landing mission — Chandrayaan-3, BJP MP Ramesh Bidhuri on Sunday sidestepped a direct query on his remarks.

When asked about several Opposition members including the BSP MP writing to Lok Sabha Speaker Om Birla calling for his dismissal from the Lower House as well as the BJP, Bidhuri on Sunday said, "No comments." **– ANI**

Cauvery issue: Agitation goes on in Karnataka

The protest against the release of Cauvery water to Tamil Nadu continued in Mandya, the Cauvery heartland, on Sunday as well.

Farmers and various pro-Kannada organisations staged a sit-in demonstration at Sanjay Circle here demanding justice. Holding placards and banners, the protesters raised slogans asking the state government to stop the release of water to the neighbouring state. They alleged that there is inadequate water in the Krishna Raja Sagar Dam for drinking water supply, let alone to meet the irrigation requirements of farmlands in the agriculture dominated district.

The Karnataka Rakshana Vedike and Cauvery Water Rakshana Horata Samiti spearheaded the agitation from the morning.

The protests have been happening for the past few days and intensified on Saturday when 'Mandya Bandh' was observed. Various farmers and pro-Kannada outfits have given a call for a Bengaluru Bandh on Tuesday against the release of Cauvery water to Tamil Nadu.

Last week, the Cauvery Water Management Authority (CWMA) had directed Karnataka to continue releasing 5,000 cusecs of water to Tamil Nadu for another 15 days, after the Cauvery Water Regulation Committee (CWRC) made such a recommendation last week. The Supreme Court too refused to interfere with orders of the CWMA and CWRC, following which protests erupted in different parts of the state. Karnataka has been maintaining that it is not in a position to release water, taking into account its own requirement for drinking water and irrigation of standing crops in the Cauvery basin areas, as there has been water scarcity due to deficit monsoon rains. **– Agencies**

'Scale of infra development matching people's aspirations'

Prime Minister Narendra Modi on Sunday said the speed and scale of infrastructure development matched the aspirations of 140 crore Indians as he flagged off nine Vande Bharat Express trains connecting religious and tourist destinations across 11 states. Flagging off the Vande Bharat Express trains via video conferencing, Modi also slammed the previous governments for not paying adequate attention for modernisation of railways and assured that the "day is not far when Vande Bharat will connect every part of the country".

Governors, chief ministers, Union ministers and elected representatives were present at the nine railway stations from where the indigenously built semi-high speed trains were flagged off.

The trains stopped at various stations where they were welcomed by enthusiastic school children and hoards of people with elected representatives addressing functions en route.

Union minister Kailash Choudhary and Rajasthan BJP president C P Joshi boarded the Vande Bharat Express train at Udaipur and travelled till Chhittorgarh where a huge crowd of BJP workers raised the slogans of "Vande Mataram" and "Bharat Mata ki Jai' as the train chugged into the station.

In his address, the prime minister said the popularity of Vande Bharat trains was rising constantly and more than 1.11 crore passengers have already travelled in them. He said 25 Vande Bharat Express trains were already functional and nine more were being added on Sunday.

"This speed and scale of infrastructure development in the country is exactly matching the aspirations of 140 crore Indians," Modi said. The nine trains will provide faster connectivity across 11 states -- Rajasthan, Tamil Nadu, Telangana, Andhra Pradesh, Karnataka, Bihar, West Bengal, Kerala, Odisha, Jharkhand and Gujarat. **– PTI**

"Vijayawada-Chennai" Vande Bharat Express at Vijayawada Railway Station on Sunday

50 more sites on UNESCO's tentative list

India is home to a variety of heritage sites, only few of which come under UNESCO World Heritage Sites. With Rabindranath Tagore's Santiniketan in West Bengal and Sacred Ensembles of the Hoysalas in Karnataka added to the list, India's count now stands at 42. The national capital has three such cultural properties.

The distinguishing feature of a World Heritage Site is its exhibition of India's diverse architectural brilliance and cultural depth, along with its historicity. India boasts of 34 cultural sites, 7 natural sites and 1 mixed site that bears both natural and cultural significance (Sikkim's Khangchendzonga National Park).

Further, as many as 50 sites in India, from the Neolithic settlement in Burzahom to the Baha'i temple of Delhi, are on the UNESCO World Heritage Tentative List.

Shantiniketan, for example, embodies the explanation of its new status: Established by the Nobel laureate, poet and philosopher Rabindranath Tagore in 1901, Santiniketan was a centre for art founded on ancient Indian traditions and it harboured a vision of the unity of humanity transcending religious and cultural distinctions.

In 1921, Shantiniketan came to be known as a "world university" and "Visva Bharati" and marked itself apart from the prevailing European ways in form and spirit-the British modernism and the colonial architectural orientations of the early 20th century.

A World Heritage Site listed by UNESCO must quintessentially be a unique landmark which geographically and historically stands out owing to its cultural or physical significance. These sites are maintained by the international World Heritage Programme, which is administered by the UNESCO World Heritage Committee.

The 'living city' of Delhi has in its precincts the remains of over a thousand years in different states of preservation.The city's surviving historic urbanscape includes four regions--Mehrauli, Nizamuddin, Shahjahanabad and New Delhi-that have retained their historicity.

Delhi developed historically in a triangular pattern along river Yamuna on one side and the Aravalli range on the other two sides.

Additionally, Delhi was a strategically located region on an important trade route that ran along the Gangetic plain and merged with the Silk Route. **IANS**

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I, Rituparna Saikia R/o G3, Wildgrass Apartment, ST Bed, 1st Block, Koramangala, B'luru-560034 have changed my minor son's name from Pragyav Saikia to Anyatom Saikia for all purposes.

I Manjunath S/O, Shekharappa Itagi R/o No C 606, Panchamukhi Paradise Apts., Pattanagere, Rajarajeshwari Nagar, Bengaluru, Karnataka 560098 have changed my name to Manjunath Itagi.

I Pawan Sindhe S/O, Balaji R/o #726/1 , 7th Cross , 10th Main Road, Btm Layout 2nd Stage, Banglore -560076 have changed my name to B Pawan Sindhe.

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Rs 8,394.82 lakh spent for 14 centres in '22-23

CONTINUED FROM PAGE 1

If the details given in the annual report for the year 2022-23 are any indication, it seems the authorities at the centres spent Rs 3,948 to buy three shirts, three shorts, three towels, a mat, a blanket, and a bed sheet for each of the male inmates per year.

"I came to this centre one month ago. They gave me a saree, a blouse and a petticoat. I am from Tamil Nadu. They caught me when I was at a bus stop near Sunkadakatte. Now, I am learning stitching," said Lakshmi, an inmate at the centre in the city.

The report claims that an expenditure of Rs 749.01 lakh was incurred for looking after 6,797 beggars at 14 centres across the state. The annual report reveals that 3,599 beggars were released from the centres between April 1, 2002, and January 31, 2023, as against the total number of beggars (4,126) brought in during the year.

Around Rs 70 lakh were spent on transport at all the relief and rehabilitation centres and developmental works were taken at an estimated cost of Rs 5,398.81 lakh.

The total amount spent for the maintenance of 14 centres is Rs 8,394.82 lakh during 2022-23.

The inmates are given breakfast, lunch and dinner. Each of them gets Rs 75 for working eight hours and Rs 38 for working less than eight hours at an agri-

cultural farm, making file wrappers, phenol making and packaging incense sticks.

The centres are in cities such as Bengaluru, Vijayapura, Ballari, Belagavi, Chitradurga, Davanagere, Kalaburagi, Dharwad, Kolar, Mysuru, Mangaluru, Raichur, Shivamogga, and Tumakuru. While Bengaluru leads in the number of beggars at 778, Chitradurga is in second place at 412 while Kalaburagi has the minimum number of beggars at 80 as on January 31, 2023.

There is a plan to set up Beggars Relief and Rehabilitation Centres at Chamarajanagar, Hassan, Koppal, Haveri and Yadgir districts. The government has allocated land for constructing centres at Bidar, Bagalkot, Chikkaballapur, Chikkamagaluru, Uttara Kannada, and Udupi districts.

When contacted, Chairman of Beggars Relief and Rehabilitation Centres declined to comment on the utilisation of funds.

Cubbon Park prepaid auto kiosk is big hit

CONTINUED FROM PAGE 1

months. However, activists say that Bengaluru needs more pre-paid auto-kiosks.

"The number of auto kiosks is low. It would be a win-win situation for all if there is a policy-level change to install such kiosks at railway stations, bus stations, malls, educational institutions and other places with huge footfalls. A prepaid auto kiosk eliminates unnecessary bargaining with auto drivers and provides uniform pricing. Auto drivers also don't have to compete with other drivers and don't have to wander through the city looking for commuters. There should be a kiosk available every 1 sq km, making autos easily available for computers. Aggregators should also tie up with pre-auto kiosks to provide services," said Rajkumar Dugar of Citizens for Citizens.

However, some auto unions contest that drivers at the pre-paid kiosks do not go by the fare. "These kiosks are not useful. Traffic police and BMRCL had started these kiosks outside metro stations. But you can still see drivers demanding higher fares from people walking out of metro stations.

The kiosk service operates in parallel to drivers demanding higher fares. Nobody is willing to go for rides below 2 km and demand Rs 50 at least. Traffic officials don't take any action against these errant drivers. People can be seen queuing at both kiosks but struggling to get autos. Officials are not assigning the ticket issued to specific autos," said Rudramurthy, General Secretary of Auto Rickshaw Drivers Union (ARDU).

HEALTH TIP: Intermittent fasting is of various types, so consult a professional and pick one that suits your needs and lifestyle

Chamomile tea also has significant traces of magnesium, folate, calcium, vitamin A and potassium

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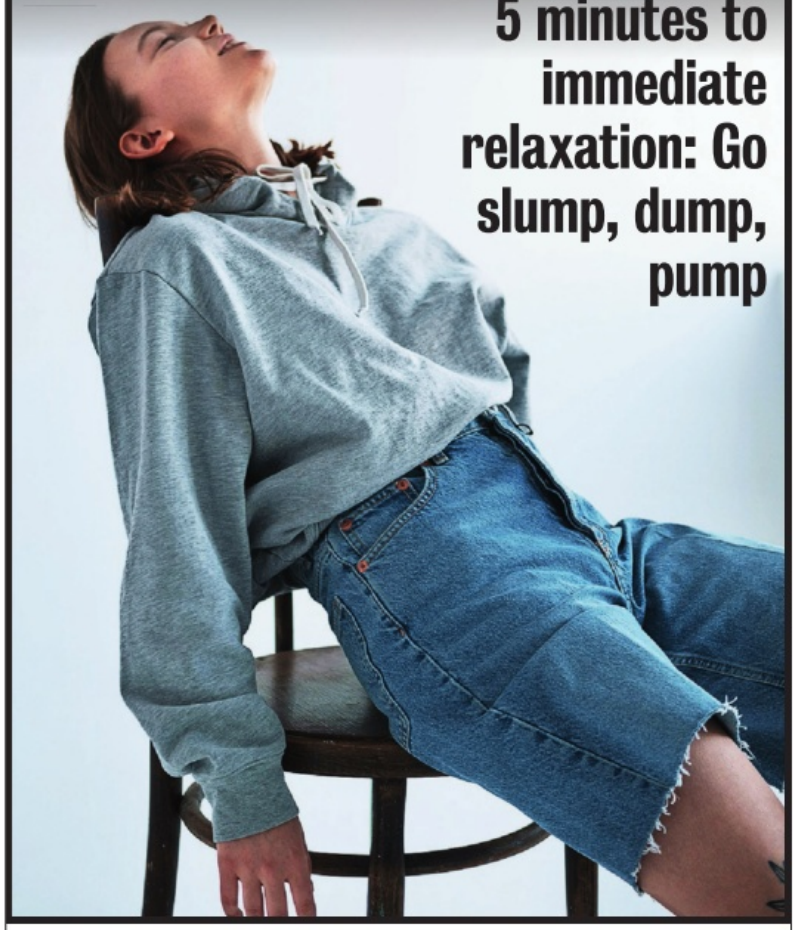
Just relax

5 minutes to immediate relaxation: Go slump, dump, pump



We all wrestle with a pressing question: What lies at the core of most unhappiness in our contemporary lives? It encompasses:

Stress Anxiety Fear Insecurity Comparison Lingering emotional baggage Resentment Guilt Hatred Anger Jealousy

An inability to forgive, and more.

The list seems endless, doesn't it? These emotions are undoubtedly a natural part of life, but when they persist, they become burdensome. When you bury them deep within, they eventually surface as symptoms and even physical ailments. It's not just me saying this; medical science, research, and common sense all point to the intricate connection between our emotions and our physical well-being. Negative emotions, when harbored, begin to corrode us from the inside, weakening our immune response, fostering inflammation, and rendering us susceptible to various diseases.

Amidst life's ups and downs, victories and setbacks, peaks and curveballs, there's one universal need we all share: relaxation. It may sound idealistic, but it's a necessity, not an option. Here's the truth bomb: Relaxation isn't a luxury; it's a fundamental requirement for the human body to thrive and survive.

Within our nervous system, we have the sympathetic and parasympathetic branches. While the sympathetic nervous system governs our stress and fight-or-flight responses, the parasympathetic nervous system is where we find rest, digestion, and rejuvenation—the state in which we grow, repair, digest food, and fall asleep.

In this article, I'll teach you a straightforward technique to achieve instant relaxation in under five minutes. Over the past few months, I've shared this technique with hundreds of patients, and the results have been remarkable. It's called the S.D.P. technique, which stands for "slump, dump, and pump." It's a method I devised for triggering instant relaxation.

Where can you practice S.D.P? Anywhere you find yourself: On a flight In a hotel In a car (not while driving, of course) During breaks in your workday or between meetings At home, in your bedroom, on the balcony, or in the garden

All you need is two to three minutes. This technique's aim is to shift your body from the sympathetic nervous system to the parasympathetic nervous system.

Step 1 – Slump (S stands for Slump): Despite feeling stressed, you can trick your body and mind. Find a comfortable position, such as sitting in a chair or on the couch. Contrary to the usual advice of keeping your back straight, in this step, allow yourself to slump. Let your head drop naturally, and relax your hands, letting them rest in your lap or dangle freely. Close your eyes. As you slump, take a deep breath, inhaling deeply. With each exhale, relax further into your comfortable position. Think of a sack of potatoes: when you lift it, it's bulky, and the potatoes move around. When you put it down, a few potatoes settle into a comfortable position. This is what we call slumping.

> **A truth bomb: Relaxation isn't a luxury; it's a fundamental requirement for the human body to thrive and survive**

Step 2 – Dump (D stands for Dump): Not a literal dump, but a mental one. In your slouched position, engage in a mental dump. Imagine it this way: just as we eliminate waste and toxins from our bodies each morning, do the same for your mind. Recall everything that has transpired in the last hour, day, or since you woke up—anything negative that caused frustration, anger, or upset. It could be an event, a person, or a situation. Visualize yourself removing these thoughts from your mind and dumping them into a mental trash can. Discard all negativity or anything that didn't go well—negative emails, comments, or social media disputes—just dump them out of your brain. You can picture a hand reaching into your head and depositing these thoughts into a garbage can. Congratulations, you've successfully slumped and performed a mental dump. Your mind is now clear and empty, ready for the next step.

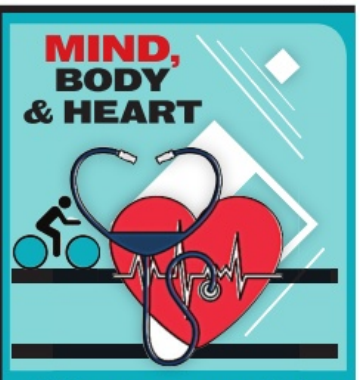
Step 3 – Pump (P stands for Pump): In the pump phase, create space in your mind for positive and empowering thoughts. Inject positive thoughts and memories that evoke warmth and happiness. Think about things you're grateful for, moments that bring you joy, and what excites you. Pump in the goodness—visualize the people you love, remember gestures or comments that touched your heart. It doesn't matter if the thoughts are big or small; if nothing comes to mind, count your blessings—appreciate the beautiful sunrise or a well-made cup of coffee. Embrace this uplifting feeling. You might want to linger here because it feels so good.

With this, you've completed Step 3—you've successfully dumped and pumped. While it might seem intricate at first, it's a straightforward technique that has shown its power through numerous testimonials.

Today, many advocate longevity through pills and supplements. I won't judge those approaches, but remember this: the more time you spend in the sympathetic nervous system, the faster you age. So, even if you invest in expensive supplements and follow elaborate 15-step action plans from longevity experts, if you're constantly stressed, you'll age faster.

Give S.D.P. a try, and share it with your family and children. It's free and takes just five minutes of your time.

(Luke Coutinho is a Holistic Nutrition and Lifestyle – Integrative and Lifestyle Medicine, for IANS)



All you need to know about...

'Blue spot'

Sleep, memory regulation
A 'blue spot' in the brain linked to sleep and memory has been identified by researchers, an advance that may help understand how sleep is regulated.

Role of light
It has been known for a long time that sleep is good for the brain. We also know that light is not just for seeing, but also plays an important role in other aspects such as mood.

Locus coeruleus
What we don't know is how all this happens in our brains. A team from the University of Liege in Belgium using ultra-high field 7 Tesla MRI demonstrated that the quality of our REM sleep (the part of sleep during which we dream the most) is linked to the activity of the locus coeruleus.

Small brain nucleus
This small brain nucleus, the size of a 2cm-long spaghetti, is located at the base of the brain (in the brainstem). The locus coeruleus -- Latin for "blue spot" -- owes its name to its colour when observed in autopsy. It projects to just about every area of the brain (and to the spinal cord) to secrete a neuromodulator called noradrenaline that is not only important for stimulating neurons and keeping them awake, but also for a whole series of cognitive processes such as memory, emotional processing, stress, anxiety.

REM sleep
Its stimulating activity must diminish to initiate sleep and stop to allow REM sleep. "This allows REM sleep to work without noradrenaline, sorting out the synapses that need to be retained or eliminated during sleep and enabling a new day, full of new experiences," says Gilles Vandewalle, from the varsity. The spot has been seen in animals but in humans, little has been verified because the small size of the nucleus and its deep position make it difficult to observe it in vivo with conventional MRI.

—IANS

MIRRORLIGHTS

Blue light from smartphones, tablets linked to early puberty in males

Exposure to blue light, like that from smartphones or tablets, may lead to early puberty in males, according to a study in mice.

The research, presented at the ongoing 61st Annual European Society for Paediatric Endocrinology Meeting in The Hague, Netherlands, sheds light on how environmental factors, such as screen time, impact early puberty and testicular tissue, which could eventually lead to future prevention strategies for children.

Early puberty for most children does not have an obvious cause. Sometimes it is due to genetics, or there is a problem in the brain, such as an injury or tumour, or in the thyroid, adrenal or sex glands.

In recent years, several studies have reported increases in early puberty onset for both girls and boys, particularly during the Covid-19 pandemic. One factor may be the increased use of blue light-emitting devices, but this is very difficult to assess in children.

In this study, researchers from the Ankara Bilkent City Hospital and Gazi University in Turkey examined 18 male rats aged 21-days-old, divided into three groups of six and exposed to either a normal light cycle, to six hours or 12 hours of blue light.

The researchers found that the first signs of puberty occurred significantly earlier in male rats exposed to blue light. Additionally, the longer the rats were exposed to blue light, the earlier their puberty started, while they alsoshowed suppressed sperm development and damaged testicular tissue.

"For the first time, we found a direct relationship between blue light exposure and early puberty in male rats," said lead researcher Dr Aylin Kilinc Ugurlu from Ankara Bikent City Hospital.

—IANS

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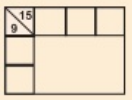
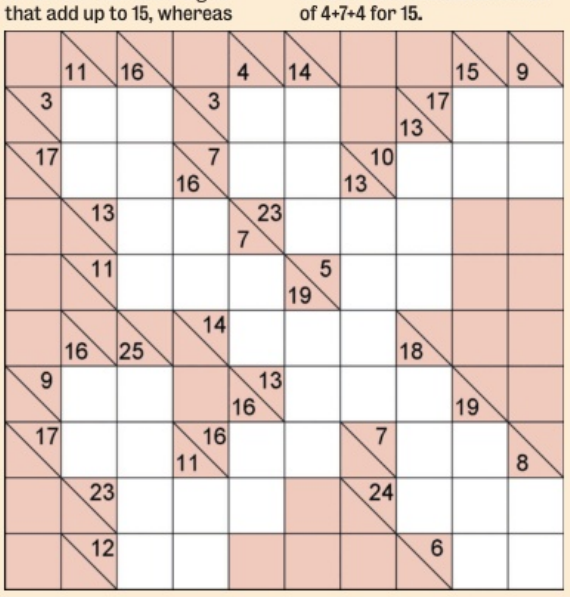
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

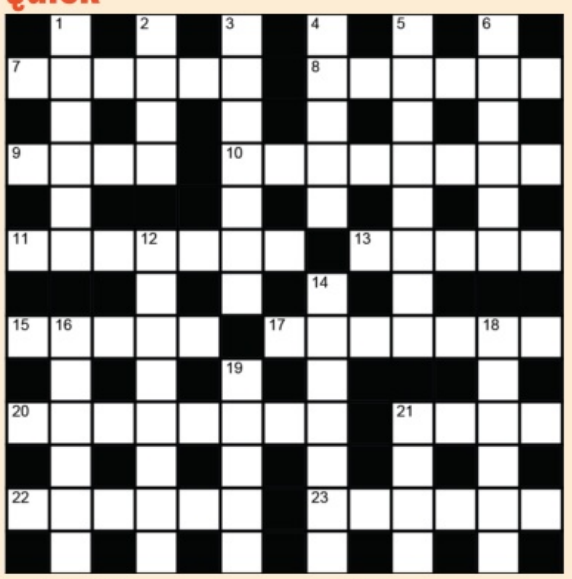


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Nation in North America (6)
8 One harvesting (6)
9 Leading man (4)
10 Belief (8)
11 Sentry (4-3)
13 Black wood (5)
15 Blazing (5)
17 Like ___ ___ : swiftly? (3,4)
20 Mausoleum at Agra (3,5)
21 Intersection of two curves (4)
22 Peter Pan author (6)
23 Pungent vegetables (6)

DOWN

1 Got by (4,2)
2 Pedestal part (4)
3 Organised group of admirers (3,4)
4 Releases (5)
5 Acknowledge applause or recognition (4,1,3)
6 Our city is located in this plateau (6)
12 Das Kapital author (4,4)
14 Big Bang Theory's ____ Cooper (7)
16 Noisy quarrel (6)
18 Picking up a scent (6)
19 Precipitous (5)
21 Baby bed (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: X EQUALS U

EZ MQX KQQY RIA CEOIR GPM, MQX UPT WAA RIPR RIA GIQKA GQCKS EW P OPCSAT.

Linemaro

Is your name Wi-Fi? Because I'm really feeling a connection

Mindchow

Life is too short to work so hard

Joke of the day

I'm reading a book about anti-gravity, I just can't put it down

Loop

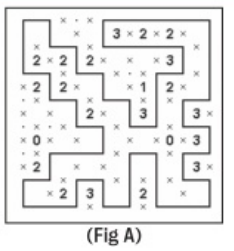
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

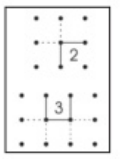
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

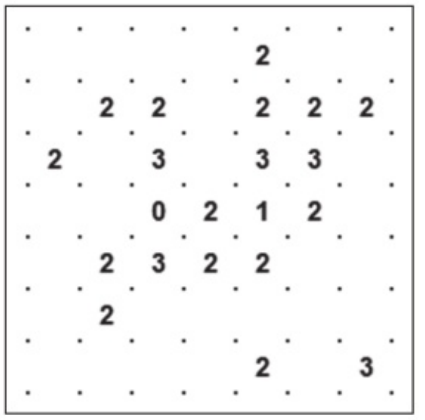
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



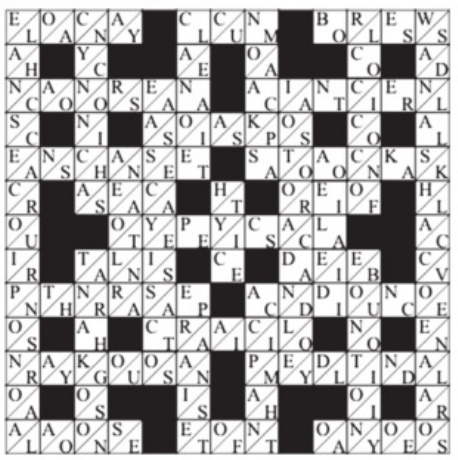
(Fig A)



(Fig B) Not Allowed



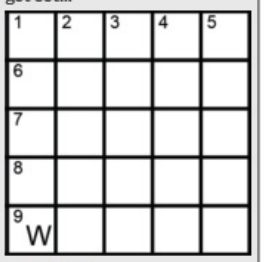
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

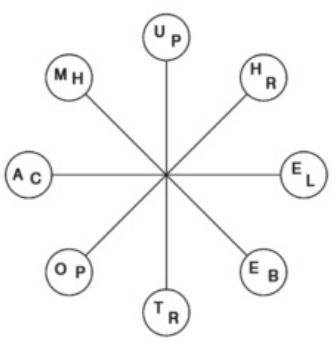
1 Reg be; 6 Ex Doe;
7 Trust; 8 A race;
9 Sawed

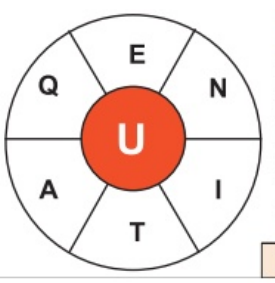
DOWN

1 Wears; 2 Taxer;
3 Robed; 4 Deuce;
5 Gates

Mensapuzzle

Take one letter from each circle in turn and using each letter once only find two eight-letter words that are similar in meaning. Both words read clockwise and each starts in a different circle.





Bull's eye

How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

08 Average; **09** Good; **11** Outstanding

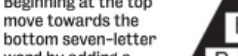
SudokuChallenge

	3						4	
			9	7	8			
9		5		6		7		2
	9		7		4		2	
		2				6		
	1		2		6		5	
5		4		9		3		1
			5	3	7			
	2						7	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy = 8

2 4 7 7

Medium = 11

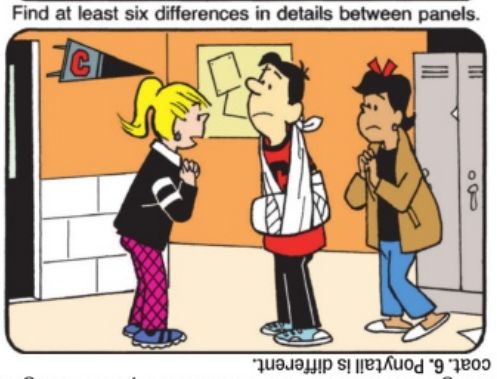
4 5 5 6

Hard = 25

1 4 8 2

Hocusfocus

Find at least six differences in details between panels.



Differences: 1. Pennant is moved. 2. Arm is not showing. 3. Leg is moved. 4. Lockers are taller. 5. Label is missing from coat. 6. Ponytail is different.

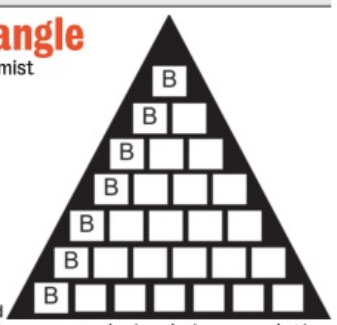
Riddler

A man hijacks an aeroplane transporting both passengers and valuable cargo. After taking the cargo, the man demands two parachutes, puts one of them on, and jumps, leaving the other behind. Why did he want two?

Alpha triangle

1 Boron for the chemist
2 To exist
3 Couch or cot
4 Curve
5 Combine
6 Package
7 Took the edge off

Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.



DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

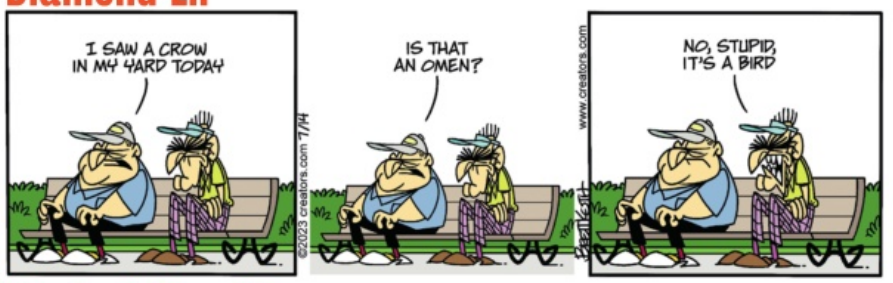
COMICS

Redeye by Mel Casson

WHERE 'RE YOU GOING?
WHERE I GO EVERY FRIDAY, REDEYE..THE BEAUTY PARLOR
I DIDN'T EVEN KNOW THERE WAS A BEAUTY PARLOR AROUND HERE
SOON AS I SAID IT, I KNEW I'D MADE A BOO-BOO!
6-30

Bizarrotrip

Diamond Lil



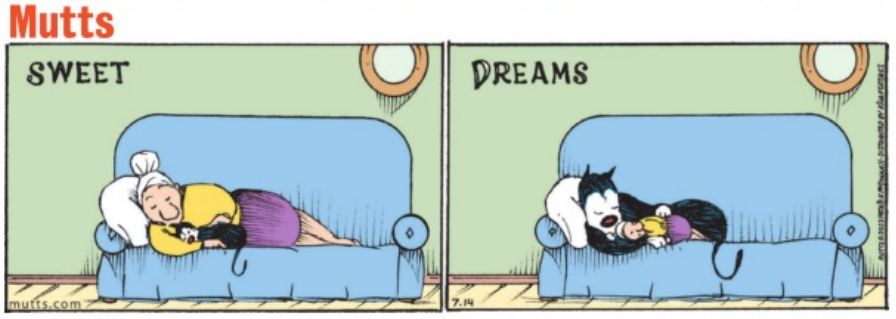
Hart of the city

DETENTION! WHAT A WASTE OF A SATURDAY. I COULD BE DOING SO MANY OTHER THINGS.
LIKE WHAT?
STUFF!! THINGS!!
HART OF THE CITY © 2023 ARGENIS MORELL
@DCOMICS.COM/HARTOFTHECITY

Crankshaft

SO, MR. MURDOCH... OUR ATOMIK KOMIX CREW IS HEADED TO SAN DIEGO FOR COMIC-CON...
ATOMIK KOMIX
AND I WAS WONDERING IF YOU'D LIKE TO COME ALONG WITH US?
SAY YES! SAY YES! SAY YES!
BATIUK & DAVIS tombatiuk.com/books
7-12

Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, the start of the day may be dull. After late evening, you may control negativity. New people may connect with you on the work front. With the help of new people, you may revamp your business plans. It is advised to read documents before putting your signature.

Taurus Apr 21 – May 20
Today, with the help of blessings, you may have control over your indecisiveness. Kids' health is better now. Your colleagues may support your work, which will convert into success in terms of the project. You may expect to get some incentives with the salary. Natives related to dairy, water projects, grains, homemaker art and culture may do well.

Gemini May 21 – Jun 21
Today, you may be busy with domestic issues. You might take an interest in artefacts, movies, and fashion, which may improve your creativity. You may spend money buying antiques and household stuff, improving your social status. You may become more polite with others. You may also plan to visit some desired places for family or friends.

Cancer Jun 22 – July 23
Today, you may be happier; internal vitality will boost your self-confidence. Feel relaxed after a sound sleep. You should avoid carelessness in making decisions regarding finance, profession and studies. You may likely enjoy some romantic moments with your spouse. Sometimes, you may face self-respect issues and need patience to avoid converting happy moments into bad moments.

Leo Jul 24 – Aug 23
Today, your tendency to overspend may affect your savings. You should also be careful while expressing yourself at work and on the domestic front. You should avoid lending money and postpone making important decisions in real estate and other asset issues. You should try to avoid a tendency to detachment from your responsibilities.

Virgo Aug 24 – Sep 23
Today, with the help of your strong network, you may implement your business plans. You may use your wisdom to gain profits. You may also have harmony in your domestic life; you and your spouse may have a good understanding. Natives related to metal booking agents will do better.

Libra Sep 24 – Oct 22
Today, you may be passionate in terms of work. You should avoid mixing your brain with your heart to make important decisions. Following your intuition before making decisions related to business, job and investments is advised. Work load may be there, but blessing from elders may help you control this messy situation.

Scorpio Oct 23 – Nov 22
Today, since morning, you may have peace of mind; you are not in a hurry today, which may reflect your way of working. Your destiny may help you to complete your postponed projects and targets. You may show patience in your domestic life to maintain harmony. You may have some skin or related issues.

Sagittarius Nov 23 – Dec 22
Today, you may be a victim of negative thoughts. You may feel dull. Impatient nature and arrogance may push you back from making difficult decisions. You may need the blessing of your elders, which will help you grow in your work front. You should avoid making investments in dead assets. Love birds shall avoid discussing bad moments.

Capricorn Dec 23 – Jan 20
Today is good for your work. You can perform well in terms of work. Your boss may likely give you some new responsibilities in terms of promotions. Disputes with the partner may be settled down. You may lend money to make your assets. Your kid's health may be better now. You may make some investments for your kids' future.

Aquarius Jan 21 – Feb 19
Today, you may be blessed by the moon. Love would be in the air in terms of personal life. Singles may find a suitable match. You may do better in terms of professional life. Your friends and subordinate staff may support you. Investments in gems and jewellery may likely give positive gains in the near future. Should be careful for elders health.

Pisces Feb 20 – Mar 20
You may be happy due to a blessing from the auspicious planetary combination. You may have some energy, which may create your prestige among people around you. You may spend your time studying intellectual stuff.

KIDZONE

Ankith Jain, 13 Years, St. Mary's Girls' High School

Akhilesh S, 5 Years, Narayna E-Techno School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
17(9–6)7÷√9+6
17(3)7÷3+6
17(3)7/3+6
17X7+6
119+6
= 125

QUOTE UNCODE
If you look the right way, you can see that the whole world is a garden.

BULL'S EYE
ANTIQUE, aunt, quaint, quiet, quit, quite, tuna, tune, unit, untie, untie

FAST FIVE

R	E	B	E	G
E	X	O	D	E
S	T	R	U	T
A	R	E	C	A
S	A	D	E	S

STRIKE OUT

L	O	N	E		E	F	T		O	N	E	S		
A		O		S		A		O		R				
R	A	G	U	S	A		M	E	D	I	N	A		
O		A		T	R	A	I	L		N		E		
P	H	R	A	S	E		A	D	D	U	C	E		
R		A	N	I		E		D	E	B		V		
C	S	E	A		H		R	I	O			H		
E	N	C	A	S	E		S	T	O	C	K	S		
C	I		S	O	A	K	S		O			L		
N	A	N	S	E	N		C	A	N	C	E	L		
A	Y		A		O			O		A				
C	U	M		B	R	E	W							

QUICK

S		X		R		N		B		G				
B	A	R	R	I	E		O	N	I	O	N	S		
C		A		E		D		R		I				
T	A	J	M	A	H	A	L		C	U	S	P		
R		L		S		E			O					
A	F	I	R	E		T	H	E	W	I	N	D		
L	O	O	K	O	U	T		E	B	O	N	Y		
D				L		S		A				A		
H	E	R	O		C	R	E	D	E	N	C	E		
D		D		N		E		K		C				
C	A	N	A	D	A		R	E	A	P	E	R		
M		D		F		F		T		D				

MENSA PUZZLE
PAMPHLET, BROCHURE

RIDDLER
If the officials thought he was jumping with a hostage, they would never risk giving him a faulty parachute.

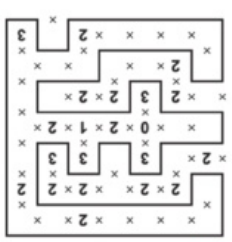
SUDOKU

6	3	7	1	2	5	9	4	8
2	4	1	9	7	8	5	3	6
9	8	5	4	6	3	7	1	2
8	9	6	7	5	4	1	2	3
4	5	2	3	1	9	6	8	7
7	1	3	2	8	6	4	5	9
5	7	4	8	9	2	3	6	1
1	6	8	5	3	7	2	9	4
3	2	9	6	4	1	8	7	5

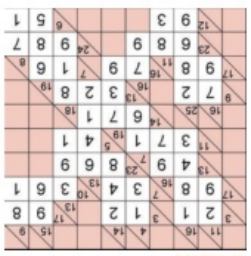
ALPHA TRIANGLE
8, 8e, 8ed, 8end, 8lend, 8undle, 8lunted.

GO FIGURE
Easy
7 + 7 – 4 – 2 = 8
Medium
5 / 5 + 4 + 6 = 11
Hard
8 – 2 × 4 + 1 = 25

LOOP



KAKURO



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SANDALWOOD SHOTS
Y MAHESWARA REDDY

Interesting title

Producer-cum-director Siddhruv is elated about selecting a suitable title – Marichi – among 150 titles shortlisted for his latest film. The movie's tagline is Godfather of good and bad.

"Marichi is the son of Brahma and the father of Kashyapa and grandfather of the devas and the asuras. The story of Marichi is interesting and the movie has come out well," said Siddhuruv.

Vijaya Raghavendra plays a police inspector while Sonu Gowda is paired opposite him in the film. It is Sonu's second film opposite Vijaya Raghavendra. Raghavendra said he was very happy to act in this movie. "Marichi is a crime thriller. I thank the director-cum-producer for selecting the right technicians and suitable cast for this movie," he said.

Sonu Gowda said she is excited to share the screen with Vijaya Raghavendra. "This movie offered me a lot of scope to showcase my acting skills. I am waiting with bated breath for the release of this movie," Sonu Gowda said.

Abhi Das, Spandana Somanna, Aryan, Sruthi Patil, Gopalkrishna Deshpande, and Aruna Balaraj are the remaining cast.

Aditi's dream comes true

Actress Aditi Prabhudeva is extremely happy to realise her real life ambition of becoming a police officer in reel life. Aditi plays a police officer in Kannada movie Alexa, a murder mystery helmed by Jeeva.

"I agreed to act in this movie as soon as the director narrated the script to me. I wanted to become a police officer in real life but it did not happen. However, now I get to realise my dream on screen. The other dream was to act in action scenes. That too is there in this film under the guidance of action directors Ravi Varma and Mass Mada," said Aditi.

A function was held at MMB Legacy on Thursday for the launch of the teaser.

On the occasion, Jeeva said the movie is a murder mystery. "Alexa is different from other mystery movies. Generally, a murder scene is shown before the police begin investigation but I did not give importance to the murder scene," he said. He said the producer gave him freedom to select cast and technicians. "I thank the producer for giving me a free hand. He asked me to go ahead with shooting as soon as I approached him to narrate the script. The movie also focuses on the pharmaceutical mafia," he said.

The movie was shot in and around Mysuru and Madikeri.

Knot is tied

Parineeti and Raghav exchange vows in lavish destination wedding

It's official! Raghav Chadha and are finally man and wife. The gorgeous couple tied the knot in a dreamy wedding ceremony held at The Leela Palace in Udaipur. The newlyweds looked resplendent in designer traditional outfits.

If sources are to be believed, bride Parineeti wore a wedding outfit designed by ace designer Manish Malhotra. Raghav Chadha and Parineeti Chopra exchanged engagement rings earlier this year.

Now they embark on this journey with the blessings of their family and friends. The ceremony commenced with Raghav's Sehrabandi at the Taj Lake Palace after which the baraat procession left from the Taj Lake Palace in boats. The jaimala ceremony took place around 3:30 pm, while the pheras took place at 4 pm. Post their pheras, the couple also had a photoshoot and the 'bidaai' process. The bidaai was scheduled to take place at 6 30 pm and now should be completed anytime soon. The memorable day will conclude with a grand reception starting at 8:30 pm.

This big fat Bollywood wedding saw the presence of many celebrity guests including Sania Mirza, Harbhajan Singh, Manish Malhotra among many others. Priyanka Chopra had earlier wished her sister Parineeti ahead of her big day. The entire week has been marked with pre-wedding festivities that commenced in Delhi. The couple hosted a 90s' themed musical night yesterday, and pictures and videos from the event soon took over the internet.

ETimes

Ice, ice baby

Known for his works in movies like 'Arjun Reddy', 'Geetha Govindam', 'Dear Comrade' and 'Liger' among many others, actor Vijay Deverakonda shared a glimpse of his "Sunday Mornings", leaving fans spellbound.

Vijay is an avid social media user, and his Instagram handle is an account of his daily life updates, projects, family photos, and his solo pictures. He enjoys a massive fan following of 19.3 million followers on Instagram.

Now, on Sunday, Vijay took to the photo sharing application, and shared a picture, wherein he can be seen sitting in a bath tub, full of ice cubes. Hence, he is enjoying an ice bath on the weekend.

He captioned the post as: "Sunday mornings". The post was liked by Varun Dhawan.

Fans commented: "Why so hot." "Something is fishy," said another "Ice gonna melt soon," added another.

–IANS

Nora in Baku

Actors Nora Fatehi is currently shooting in Azerbaijan for their upcoming film 'Crakk - Jeethegaa Toh Jiyegaa' starring Vidyut Jammwal.

Nora took to her Instagram stories, where she shared a string of glimpses from the shoot.

In one video, Nora is heard saying: "Day 1 of shooting in Baku. It's a night shoot and we are onset and Baku's looking so cute. It's a cute quiet place. We are going to Vlog this as much as we can without getting into trouble."

In the other clip, the actress was seen sitting in a cafe sipping on some warm black tea with a colleague. "We are having black tea but we just ran away from the set. Hope they are not looking for us," she said.

In another clip, she was seen vlogging about her shoot schedule and said: "I am trying to document this. Day 2 in Azerbaijan in Baku and we are out here…We are very much shooting." 'Crakk – Jeetega toh Jiyega' is an extreme sports film.

–IANS

Millie wanted to block mom on Tiktok

Actress Millie Bobby Brown, best known for her role in the sci-fi-horror-series 'Stranger Things', said that she once considered cutting off her mom from Tiktok due to her constantly sending videos of sad animals on the platform.

The 19-year-old English actress revealed in an interview with Buzzfeed, that while she doesn't often send memes or TikTok videos to others, she receives "many" from her mom, but they just aren't ones that she likes to see, reports People.

"I have been contemplating blocking her," Brown teasingly admitted during the interview, adding that her mom often sends "sad, sad TikToks of dogs being rehabilitated."

She continued: "But I've now had to come forward and tell her, you know, 'I cannot have any of this end sadly because I walk right onstage for something really important, and I just watched a cat be hit by a car.'"

The 'Enola Holmes' actress jokingly added that despite telling her mom that she never wanted to be sent the videos "ever again", her mom noted: "But, you know, it does happen." The mother-daughter pair did eventually come to some sort of agreement.

"And I'm like, 'Let's not make this normal. This isn't normal.' So we have made an agreement now to only send happy videos…"

Brown, who began filming 'Stranger Things' at the age of 12 making her first appearance as the psychic character Eleven has said that she is ready to move on from the series, after it concludes its finale with Season 5.

"I think I'm ready. It's been such a huge factor in part of my life, but it's like graduating high school, it's like senior year."

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